

**What is claimed is:**

1. A pull exerciser comprising:
  - a handle having a through-hole;
  - an attachment member including a tubular portion and a loop
  - 5 portion;
  - a resilient cord having an end attached to the tubular portion of the attachment member; and
  - a belt extending through the through-hole of the handle and the loop portion of the attachment member.
- 10 2. The pull exerciser as claimed in claim 1, with the tubular portion of the attachment member having an engaging hole through which the end of the resilient cord extends, with a stop being embedded in the end of the resilient cord and partially inserted into the engaging hole of the tubular portion of the attachment member, thereby preventing the end of the resilient cord from
- 15 disengaging from the tubular portion of the attachment member.
3. The pull exerciser as claimed in claim 2, further including a sleeve being mounted around the end of the resilient cord, with a section of the sleeve being securely sandwiched between the end of the resilient cord and an inner periphery delimiting the engaging hole of the tubular portion of the
- 20 attachment member.
4. The pull exerciser as claimed in claim 3, with the stop having a relatively smaller end distal to the end of the resilient cord and a relatively larger end adjacent to the end of the resilient cord, with an overall diameter of the sleeve, the end of the resilient cord, and the relatively larger end of the stop being
- 25 greater than an inner diameter of the engaging hole of the tubular portion of the attachment member.

5. The pull exerciser as claimed in claim 4, with an overall diameter of the sleeve, the end of the resilient cord, and the relatively smaller end of the stop being smaller than the inner diameter of the engaging hole of the tubular portion of the attachment member.
- 5 6. The pull exerciser as claimed in claim 3, with the sleeve being made of rubber.
7. The pull exerciser as claimed in claim 3, with the attachment member being made of a plastic material.
8. The pull exerciser as claimed in claim 1, with the loop portion of the  
10 attachment member including a hole.
9. The pull exerciser as claimed in claim 8, with another said attachment member being attached to another end of the resilient cord, with an engaging member having a first end releasably engaged with the hole of the loop portion of another said attachment member and a second end adapted to be  
15 engaged with a fixed object.
10. The pull exerciser as claimed in claim 9, with the first end of the engaging member having a snapping member for releasably engaging with the hole of the loop portion of another said attachment member.
11. A pull exerciser comprising:  
20 two handles each having a through-hole;  
two attachment members each including a tubular portion and a loop portion;  
a resilient cord having two ends respectively attached to the tubular portions of the attachment members; and  
25 two belts each extending through the through-hole of the respective handle and the loop portion of the respective attachment member.

12. The pull exerciser as claimed in claim 11, with the tubular portion of the respective attachment member having an engaging hole through which the respective end of the resilient cord extends, with a stop being embedded in the respective end of the resilient cord and partially inserted into the engaging hole of the tubular portion of the respective attachment member, thereby preventing the respective end of the resilient cord from disengaging from the tubular portion of the respective attachment member.
13. The pull exerciser as claimed in claim 12, further including a sleeve being mounted around the respective end of the resilient cord, with a section of the sleeve being securely sandwiched between the respective end of the resilient cord and an inner periphery delimiting the engaging hole of the tubular portion of the respective attachment member.
14. The pull exerciser as claimed in claim 13, with the stop having a relatively smaller end distal to the respective end of the resilient cord and a relatively larger end adjacent to the respective end of the resilient cord, with an overall diameter of the sleeve, the respective end of the resilient cord, and the relatively larger end of the stop being greater than an inner diameter of the engaging hole of the tubular portion of the respective attachment member.
15. The pull exerciser as claimed in claim 14, with an overall diameter of the sleeve, the respective end of the resilient cord, and the relatively smaller end of the stop being smaller than the inner diameter of the engaging hole of the tubular portion of the respective attachment member.
16. The pull exerciser as claimed in claim 13, with the sleeve being made of rubber.
17. The pull exerciser as claimed in claim 13, with the respective attachment member being made of a plastic material.